

PRE-DIABETES RISK QUIZ

GOT 30 SECONDS?

Take this quiz—it could add years to your life.

Y	N	QUESTION
1	0	Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh more than the weight listed for your height?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 65 years of age?
9	0	Are you 65 years of age or older?
		◀TOTAL Add up your score and see below.

HGT	WGT
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

ABOUT YOUR SCORE

9 or more points: High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle programs.

3 to 8 points: Lower risk for having prediabetes today, but keep your risk low by maintaining a healthy weight.

Please consider enrolling in our Diabetes Prevention Program if you answered YES to question 4 (height/weight chart), AND one of the following is true:

1. You scored 9 or higher on the Risk Quiz, **or**
2. In the past 12 months, you've had A1C results of 5.7% to 6.4%, **or**
3. In the past 12 months, you've had Fasting Glucose results of 100mg to 125mg., **or**
4. Previous history of gestational diabetes.

NAME _____

PHONE _____

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